

Giant Carwash

拍數: 160
編舞者: Rex Allott (UK) - November 2024
音樂: All I Wanna Do - Sheryl Crow

牆數: 2

級數: Phrased Intermediate



Intro - 26 beats (2 beats after she says 'this is L.A'.)

Sequence - A,A(S1-3. only),C(omit S8-9.),B,A(omit S9-10.),C(after S4. restart C),B,A(S7-10.only),C(S1-4. to finish @ 12 o'clock)

A.- 80c

S1. Step/jump R, L, hitch R, kick L back

1-2. Step/jump R
3-4. Step/jump L
5-6. Hitch R, return
7-8. Kick L back, return

S2. R kick ball step, step L toe out, back, return with heel drop, R kick ball step

1&2. Kick R fwd, down, step L next to R
3-4. Step L toe out L, back
5-6. Step L toe next to R, drop heel
7&8. Kick R fwd, down, step L next to R

S3. L kick ball cross x 2, Monterey 1/2 turn R

1&2 Kick L fwd, down, cross R over L
3&4. Rpt 1&2
5-6. Step R out R, making 1/2 turn R step L next to R
7-8. Step L out L, return next to R

S4. R kick ball cross x 2, Monterey 1/2 turn L

1&2. Kick R fwd, return, cross L over R
3&4. Rpt 1&2
5-6. Step L out L, make 1/2 turn L, step R next to L
7-8. Step R out R, return next to L

S5. L kick ball step, step R toe out, back, return with heel drop, L kick ball step

1&2. Kick L fwd, step R down, step L next to R
3-4. Step R toe out, back
5-6. Step R toe next to R, drop heel
7&8. Kick L fwd, step R down, step L next to R

S6. Step/jump L, R, hitch L, kick back R

1-2. Step/jump L
3-4. Step/jump R
5-6. Hitch L, return
7-8. Kick back R, return

S7. Point toe diagonally out fwd R, L, jazz box 1/4 turn R

1-2. Point R toe diagonally out fwd, return
3-4. Point L toe diagonally out fwd, return
5-6. Cross R over L, turning 1/4 R step L back
7-8. Step down R, L

S8. Touch R toe behind L, L toe behind R, jazz box 1/4 turn R

- 1-2. Touch R toe behind L, return
- 3-4. Touch L toe behind R, return
- 5-6. Cross R over L, turning 1/4 R step L back
- 7-8. Step down R, L

S9. Cross point R toe over L, L toe over R, jazz box 1/4 turn R

- 1-2. Cross R toe over L, return
- 3-4. Cross L toe over L, return
- 5-6. Cross R over L, turning 1/4 R step L back
- 7-8. Step down R, L

S10. Point R toe diagonally back, R, rpt L, jazz box 1/4 turn R

- 1-2. Point R toe diagonally back(lift heel), return
- 3-4. Point L toe diagonally back(lift heel), return
- 5-6. Cross R over L, turning 1/4 R step L back
- 7-8. Step down R, L

B.- 8c

S1. Stomp R diagonally fwd, L heel, toe swivels next to R, rpt L

- 1-2. Stomp R diagonally fwd R, swivel L heel R
- 3-4. Swivel L toe to R, L heel to R
- 5-6. Stomp L diagonally fwd L, swivel R heel L
- 7-8. Swivel R toe to L, R heel to L

C.- 72c

S1. Step jump diagonally fwd R, L x 2, rock fwd R, return, 1/4 back step turn L

- 1-2. Step/jump diagonally fwd R, L
- 3-4. Rpt 1-2
- 5-6. Rock R fwd, return
- 7-8. Turning 1/4 L, step R, L

S2-5. Rpt S1. X 4

S6. Cross rock back L, R

- 1-2. Rock R behind L, return weight to L
- 3-4. Slightly sway weight to R, return it to L
- 5-6. Rock L behind R, return weight to R
- 7-8. Slightly sway weight to L, return it to R

S7. R rocking chair, full walking turn R

- 1-2. Rock R fwd, return
- 3-4. Rock R back, return
- 5-8. Making a full turn R, step R, L, R, L

S8-9. Rpt S6-7.

Last Update: 28 Nov 2024
